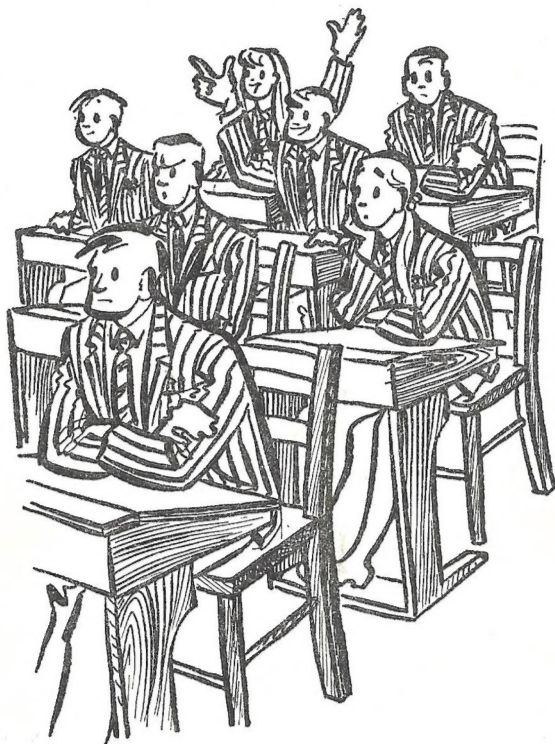


DIE TEKENS EN SIMPTOME VAN VERDOWINGSMIDDEL- MISBRUIK



*Een van hulle mag verslaafd wees aan verdowingsmiddels! —
Is u in staat om hom uit te ken en help?*



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1. Wat is 'n Verdowingsmiddel?

Die meeste geneesmiddels kan as die een of ander soort verdowingsmiddel beskryf word. Sommige van hulle kan 'n skadelike uitwerking hê as hulle nie onder behoorlike mediese toesig gebruik word nie, en oor die algemeen kan hulle op twee maniere gevaarlik wees:

- (i) hulle kan vergiftiging veroorsaak as 'n gevaarlike groot dosis geneem word; en
- (ii) hulle kan verslaafdheid (of afhanklikheid) tot gevolg hê wanneer die middels wat gebruik word as *gewoontevormende middels* of *moontlik nadelige middels geklassifiseer* is.

2. Wat word bedoel met „Verslaafdheid aan Verdowingsmiddels”?

Daar is verskillende grade van verslaafdheid aan (of afhanklikheid van) genees- of verdowingsmiddels. Dit beteken dat die slagoffers, nadat hulle die middel oor verskillende tydperke gebruik het, bewus word van sekere gevoelens wat deur hierdie besondere middel teweeggebring word. Byvoorbeeld –

- (i) 'n toenemende verlange om die effek van die middel te ondervind (*gewoontevorming*);
- (ii) die slagoffer het meer dikwels *behoefte* aan die verligting wat deur die middel verskaf word, en hy is vas oortuig dat dit hom help om hom by die lewe *aan te pas*;
- (iii) die *dosis wat nodig is* om hierdie effek teweeg te bring, moet geleidelik vermeerder word – m.a.w. hy kweek *verdraagsaamheid* daarvoor aan; en
- (iv) 'n *fisiese en geestelike behoefte* aan die middel word 'n gereelde en wederkerende verskynsel totdat verslaafdheid daaraan tot stand gebring word – *fisiese afhanklikheid*.

3. Onttrekkingsimptome:

Ná stadium (iv) is dit besonder moeilik om sonder die middel klaar te kom, en as die slagoffer dit nie kan kry nie, maak *onttrekkingsimptome* hul verskynning, meestal in die vorm van: –

- (a) pyn – fisies sowel as geestelik;
- (b) versteurde emosionele toestande, soos vrees, besorgdheid en terneergedruktheid;
- (c) geestelike versteuring van die denk- en redeneervermoë, gepaard met 'n verlies van self-beheersing en 'n gebrek aan verantwoordelikheid; en
- (d) ander fisiese simptome.

LET WEL—'n Persoon wat afhanklik van verdowingsmiddels geword het, kan homself nooit genees deur kleiner dosisse van die middel te neem nie. Om genees te word, moet hy geheel en al ophou om die middel te gebruik. Indien dit nie gebeur nie, is algehele geestelike induiestorting en agteruitgang onvermydelik.

4. Onwettige aspekte:

Dit is van belang om te besef dat al die middels wat verslaafdheid kan veroorsaak net op één wettige manier verkry kan word, en dit is deur die oorhandiging van 'n doktersvoorskrif. Alle ander voorrade word onregmatig verkry en verkoop – gewoonlik deur dépôts of klubs in die „onderwêreld” of deur onwettige verskaffers („pushers”, soos hulle in Engels genoem word).

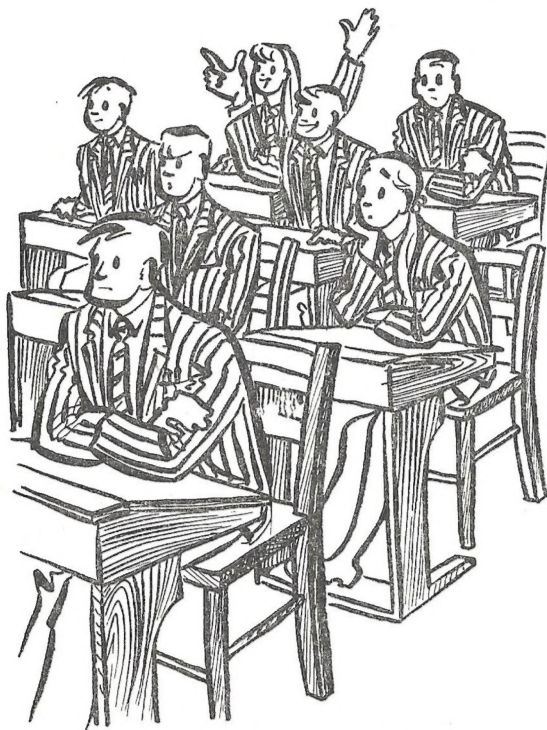
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- (i) GENEES- EN VERDOWINGSMIDDELS IS ALLEEN VEILIG AS HULLE OOR-EENKOMSTIG 'N DOKTER SE VOORSKRIF GEBRUIK WORD.
- (ii) AS U VERMOED DAT JONG MENSE WAT AAN U SORG TOEVERTROU IS, ABNORMALE GEBRUIK VAN VERDOWINGSMIDDELS MAAK, IS DIT U PLIG OM HUL OUERS OP 'N DIPLOMATIEKE WYSE AAN TE RAAI OM DADELIK MEDIESE ADVIES IN TE WIN.
- (iii) FILMS, KLEURSKYFIES EN LITERATUUR OOR HIERDIE ONDERWERP KAN VAN DIE ROOIKRUISVERENIGING VERKRY WORD.

MIDDELS WAT VERSLAAFDHEID OF AFHANKLIJKEID KAN VEROORSAAK

Middel	Nie-mediese redes vir Gebruik	Gewilde Beskrywings deur Verslaafdes Gebruik	Tekens en Aanduidings van Verslaaftheid	Onttrekingsimptome	Gevare	
VERDOWINGSMIDDELS (VIR DIE VERLICHTING VAN PYN) - Verskynbaar in tablet-, poeier- of vloeibare vorm.						
Opium (ru) Morfien (gesuiwer) Kodien (nie so sterk soos morfien nie) Heroïen (sterker as morfien) Kokaten (word selde gebruik),	Skep 'n onnatuurlik opgewekte gevoel en skakel bekommernis uit.	"Shot" "Fix" "Taking a trip".	Klein, saamgetrekte pupille; inspuitsmerke of kneusplekke op die arms of dye. Onnatuurlike kalmitte (onbesorgdheid), lomerigheid. L.W. Persoonlikheidsveranderings as die hunkering hom beetpak.	Oordrewe pyn, besorgdheid, rusteloosheid, prikkelbare stemming, aggressiwiteit, 'n hunkering na die middel.	Geestelike agteruitgang, onmag, steriliteit.	
KALMEERMIDDELS (SLAAPWEKKEND) - Verkrygbaar in tablet-, stroop- of vloeibare vorm.						
Luminal, Seconal, Fenobarbital en baie ander soorte slaappille	Om slaaploosheid te verlig, om aan bekommernis te ontsnap, en om jou probleme te vergeet.	"Goofballs" "Yellow Jacks" "Purple Bombs" "Black Bombs" *(N verbanding van dexedrine en fenobarbital).	Lomerigheid, 'n dowwe dikkoppe gevoel, 'n gebrek aan konsentrasie, stadige denke.	Slaaploosheid, senueweagtheid, besorgdheid.	Geestetraagheid, 'n gebrek aan wakkerheid, koma of die dood as gevaarlik groot dosisse geneem word.	
OPWEKIMIDDELS (STEMMINGSVARBETEREND) - Verkrygbaar in tabletvorm.						
Benzedrine Dexedrine Methidrene Amphetamine	Skep valse vertroue en 'n opgewekte en "traak-mynie-agtige" gevoel. Kan gebruik word om wakker te bly of gewig te verloor.	"Benzies" "Dexies" "Tabs" "Lift" "Black Bombs" "Purple Hearts" *(N Verbinding van fenobarbital en opwekmiddels) "Ravers" "Boosters"	Pupille van die oë is verwyd; Onnatuurlike dors; 'n Senueweagte gebewe van en gebly op die lippe. 'n Gebrek aan eetlus. Soek maklik skoor, en is aggressief, onnatuurlike opgewondenheid.	Mislikheid Geestesneerslagtheid, besorgdheid. Aggressiwiteit, Lomerigheid.	Misdade gepleeg in oomblikke van "oormoedigheid"; stuiprekkings en die dood as gevaarlik groot dosisse geneem word.	
Middel	Beskikbare Vorms	Nie-mediese redes vir Gebruik	Gewilde Beskrywings wat deur Verslaafdes Gebruik Word	Tekens en Aanduidings van Verslaaftheid	Onttrekings-simptome	Gevare
HALLUSINOGENE (VISIOENWEKKEND)						
Dagga (marijuana, hashish, Indiese hennep)	Tabak Poeier Saad Infusies (soos tee) L.W. Gewoonlik tuisgemaakte sigarette toegerol in vuil bruinpapier.	Om 'n minderwaardige kompleks en tekortkominge te bowe te kom; om aan die werklikheid te ontsnap, en om in 'n valse wêreld van "dit traak my nie" te lewe.	"To take a trip" "To experience a scene" "Boom, pot, skyfie, "zol" "hubbly-bubbly" - as die rook deur water ingeasem word.	Bloedbelone oë. Lui, slaphangende oogde. Onnatuurlike dors. Onbeheerste stemmings en onnatuurlike vrolikheid. Spraaksaamheid. Asem en kiere het 'n siekerige soet reuk - Versteuring van oordeel, valse persepsie en visioene.	Rusteloosheid, aggressiwiteit, slaaploosheid, onbeheerste uitbarstings van buiternigheid. Gebrek aan selfbeheersing, en onverdraagsaamheid	Is eintlik die poort tot veel ernstiger verslaafheid. Misdade word dikwels onder die invloed van hierdie middels gepleeg.
L. S. D.	Poeier Vloestof	Om aan die eie ek en aan die werklikheid te ontsnap. Om valse en sonderlinge ondervindings mee te maak. Om van 'n selverheffende, mistieke gewaarwording bewus te word. Kultus-groepe.	"To take a trip" "To visit a scene" "Cookies" "Sugar cubes"	Valse persepsie, visioene, ontwrigting van denke en geestesaktiwiteit.	Nie algemeen bekend nie.	Geestesversteurings.

THE SIGNS AND SYMPTOMS OF DRUG ABUSE



One of them may be a drug addict ! —

Are you able to recognise and help him?



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1. What is a Drug?

Most medicines are drugs of some kind. Some may have harmful effects if not used under proper medical supervision, and are generally dangerous in two ways:—

- (i) poisoning by overdosage; and
- (ii) addiction (or dependence) when the drugs used are classed as *habit-forming drugs* or *potentially harmful drugs*.

2. What is meant by Drug Addiction?

There are different degrees of addiction (dependence) to drugs and this means that after using a drug for a varying period, the victim begins to experience certain feelings for the effects of that drug such as:—

- (i) an increasing desire for the effects of the drug – *Habituation*;
- (ii) he *needs* the relief it gives more often and believes it helps his *adjustment* to life;
- (iii) the *dose necessary* for these effects gradually increases – *Tolerance*; and
- (iv) a *physical and mental need* for the drug becomes a regular and recurrent feeling until craving becomes established – *Physical Dependence*.

3. Withdrawal symptoms:

After stage (iv), it becomes very difficult to be without the drug and if it is then withheld, *withdrawal symptoms* occur, mostly in the form of:—

- (a) pain, both physical and mental;
- (b) disturbed emotional states of fear, anxiety and depression;
- (c) mental disturbances of thinking and reasoning with loss of self-control and a loss of responsibility; and
- (d) other physical symptoms.

N.B. Any person becoming dependent on drugs, can never be cured by taking the drug in smaller doses or less often. To be cured, he must stop using the drug completely. If this fails, complete mental breakdown and deterioration take place ultimately.

4. Illegal aspects

It is important to realize that all the drugs which may cause addiction can only be legally obtained through a doctor's prescription. All other supplies are obtained and sold illegally, usually through depots or clubs in the "underworld" or through "pushers".

5. Remember this:

- (i) DRUGS ARE SAFE ONLY IF USED IN ACCORDANCE WITH DOCTORS' PRESCRIPTIONS.
- (ii) IF YOU SUSPECT THAT YOUNG PEOPLE IN YOUR CHARGE ARE USING DRUGS ABNORMALLY, IT IS YOUR DUTY TO ADVISE THEIR PARENTS (DIPLOMATICALLY) TO OBTAIN MEDICAL ADVICE IMMEDIATELY.
- (iii) FILMS, COLOUR SLIDES AND LITERATURE ON THIS SUBJECT MAY BE OBTAINED FROM THE RED CROSS SOCIETY.

ADDICTIVE OR DEPENDENCE-FORMING DRUGS

Drugs	Non-Medical Reasons For Using	Popular Terms Used by Addicts	Signs and Clues of Addiction	Withdrawal Symptoms	Dangers
NARCOTICS (PAIN-RELIEVING) - Available in tablet, powder or liquid form. Opium (crude) Morphine (purified) Codeine (less potent than morphine) Heroin (more potent than morphine) Cocaine (seldom used).	Creates unnatural elated feeling and elimination of worry	Shot Fix Taking a Trip	Small constricted pupils; injection marks or bruises on arms or thighs. Unnatural calmness (unconcerned), drowsiness. N.B. Personalities changes when craving.	Exaggerated pain, anxiety, restlessness, irritable moods, aggressiveness, craving.	Mental deterioration, impotence, sterility, physical deterioration with loss of weight, loss of normal interests, coma or death from overdose.
		SEDATIVES (SLEEP-PRODUCING) - Available in tablet, powder, syrup or liquid form. To relieve insomnia, escape worries and forget problems. Luminal, Seconal, Phenobarbitone and many other sleeping pills.	Goofballs Yellow Jacks *Purple Hearts *Black Bombs *(combined dexedrine & Phenobarb.)	Drowsiness, dull thick-headed feeling, lack of concentration, slow thinking.	Mental sluggishness, lack of alertness, coma or death from overdose.
STIMULANTS (MOOD-UP-LIFTING) - Available in tablet form. Creates false confidence and feeling of elation and "don't care". N.B. It is used to keep awake and for losing weight. Benzadrine Dexedrine Methidrene Amphetamine		Benzes Dexies Tabs. Lift. *Black Bombs *Purple Hearts *(combined Phenobarb. and stimulants.) Ravers Boosters.	Pupils of eyes dilated; Unnatural thirst; Nervous twitching and biting of lips; Loss of appetite; Easily becomes quarrelsome and aggressive; Unnatural excitement.	Nausea Mental depression and anxiety. Aggressiveness. Drowsiness.	Crimes committed in "over-confidence"; convulsions and death from overdose.
HALLUCINOGENS (VISION - PRODUCING) Dagg (marijuana, hashish, indian hemp.)	To overcome inferiority complexes and shortcomings; to escape from reality and to live in a false world of "don't care".	To take a trip—to experience a scene. Boom, pot, skyfie, zoi, hubbly-bubbly – when smoke inhaled through water.	Blood-shot eyes. Lazy drooping eye-lids. Unnatural thirst. Uncontrolled moods and unnatural gaiety. Over-talkativeness. Sickly sweet smell in breath and clinging to clothing. Disturbance of judgment, false perceptions and visions.	Restlessness, aggressiveness, insomnia, uncontrolled outbursts of moodiness. Lack of self-control and intolerance.	Acts as gateway to more serious addictions. Crimes often committed under influence.
L. S. D.	To escape from oneself and reality. To have false and strange experiences. Soul-expanding mystical feeling. Cult groups.	To take a trip. To visit a scene. Cookies Sugar cubes.	False perceptions, visions, disruption of thinking and mental activity.	Not commonly known.	Mental derangement.